Hello to you all,

I hope you are all keeping well during this challenging time. It is certainly strange for us to be policing in this way. We all have to adapt to the quickly changing environment. I wanted to compile a bit of a newsletter containing some information for you to send to your students’ parents and also, I am hoping that they will show this to the students while they continue their studies at home. We are still here to provide support to you, children and their families.

Most of this information is already out here on social media, on websites some of you will follow. But we hope that you find this useful having some information in one document. We have included information from our own sources here at Cheshire Police, Parent Info, CEOP and HBC. Feel free to signpost you’re to your community/families/partners.

The information below is from the latest CEOP correspondence and Parent Info. This information is vital for parents and they face the challenges of home schooling and the possibility of juggling work.

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| **Dealing with COVID-19: new articles for parents and carers**  |

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| To help families through lockdown and social distancing, new articles on [**Parent Info**](https://thinkuknow.us13.list-manage.com/track/click?u=2ae276529dabe14cecc1d261e&id=0d24381901&e=f325d7cf4f) tackle some of the key issues they are experiencing, including: * [**Separated parents managing arrangements to see their child**](https://thinkuknow.us13.list-manage.com/track/click?u=2ae276529dabe14cecc1d261e&id=967752e2e8&e=f325d7cf4f)
* [**Supporting teens to cope with lockdown**](https://thinkuknow.us13.list-manage.com/track/click?u=2ae276529dabe14cecc1d261e&id=d072aa7c74&e=f325d7cf4f)
* [**Looking after their mental health while stuck indoors**](https://thinkuknow.us13.list-manage.com/track/click?u=2ae276529dabe14cecc1d261e&id=012d5a3096&e=f325d7cf4f)
* [**Starting difficult conversations about COVID-19 with their child**](https://thinkuknow.us13.list-manage.com/track/click?u=2ae276529dabe14cecc1d261e&id=f40b200cfd&e=f325d7cf4f)
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| * **You can make this support and advice more accessible by embedding the**[**Parent Info**](https://thinkuknow.us13.list-manage.com/track/click?u=2ae276529dabe14cecc1d261e&id=2f369ba41f&e=f325d7cf4f) **newsfeed in your website for free.**
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| **Unsolicited nudes: advice for teens** |

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| Unsolicited nude image sharing is when people share unwanted nudes. Young people have told us that this can feel 'normal' because it happens a lot, but that definitely doesn't make it okay.   |

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| This is the [**new article for teens**](https://thinkuknow.us13.list-manage.com/track/click?u=2ae276529dabe14cecc1d261e&id=3f591cbd91&e=f325d7cf4f) includes advice on what they can do if they receive an unwanted nude. |

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[**https://www.openthedoorcheshire.org.uk**](https://www.openthedoorcheshire.org.uk)

This link is the force’s campaign to support those who are the victim of domestic violence. Please spread this message so we can continue to protect those who need our help most.

We are here if you need to report an incident on 101 as normal and if it is an emergency call 999. But If you are a pupil and in need of support, or concerned about a pupil’s welfare please contact one of the support agencies identified below:

**Local Children’s Safeguarding Board**

If you wish to report a safeguarding concern about a child, please contact

0151 907 8305 / 0151 5117722 (Office Hours Mon-Thurs, 9am – 5pm, 9am – 4.30pm Fri)

0345 050 0148(Outside Office Hours and throughout Weekends)

NSPCC

Children's charity dedicated to ending child abuse and child cruelty.

Phone: 0800 1111 for Childline for children (24-hour helpline)

0808 800 5000 for adults concerned about a child (24-hour helpline)

Website:[www.nspcc.org.uk](http://www.nspcc.org.uk/)

Young Minds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website:[www.youngminds.org.uk](http://www.youngminds.org.uk/)

Further helplines for conditions such as Stress, Anxiety and Depression can be found on the following link to the NHS:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Your local foodbank supported by The Shaw Education Trust is:

Widnes: Trinity Methodist URC Church, Peel House Ln, Widnes WA8 6TJ

Phone: 0151 422 0031 / 49 Lugsdale Rd, Widnes WA8 6TJ Phone: 0151 4220031

Runcorn: 53a, Operations Centre, Russell Rd, Runcorn WA7 4BH  01928 577679

**Houseparty: what is it and is it safe for young people?**

 

In these strange times, young people can feel much cut off from their friends. Since the coronavirus crisis started, the video-chatting app Houseparty has enjoyed a surge in popularity.

And it’s easy to see why – it enables young people stuck at home to hang out with friends more informally than on other video conferencing apps.

Here we tell families what they need to know about the popular app and give advice on how they can help their child use it in a safer, more enjoyable way.

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| [**Read now**](https://parentzone.us3.list-manage.com/track/click?u=bd227427019036d582c40c448&id=d2a501d743&e=15de966ee5)  |

Our new policing requirements are as follows:

* Require people to stay at home, except for very limited purposes
* Close non-essential shops and community spaces
* Stop all gatherings of more than two people in public

(These measures are being reviewed continually)

Useful accounts to follow on Social Media

The following accounts are trusted sources of information and may be better placed to answer any questions you'll be receiving.

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|  | **Twitter** | **Facebook** |
| GOV UK | @GOVUK | @UKgovernment |
| NHS | @NHSuk | @NHSwebsite |
| Public Health England | @PHE\_uk | @PublicHealthEngland |
| Home Office | @ukhomeoffice | @ukhomeofficegov |
| Cheshire Fire & Rescue Service | @CheshireFire | @CheshireFRS |
| North West Ambulance Service | @NWAmbulance | @nwasofficial |
| Cheshire East Council | @CheshireEast | @CheshireEastCouncil |
| Cheshire West & Chester Council | @Go\_CheshireWest | @cheshirewest |
| Warrington Borough Council | @WarringtonBC | @warringtonbc |
| Halton Borough Council | @HaltonBC | @haltonbc |

Cheshire Police @cheshirepolice @cheshirPolice

Cheshire Police Website :- <https://www.cheshire.police.uk>

Please do not hesitate to get in touch if you want clarification of anything or have a question or indeed you think we may have missed off some useful information.

Youth Engagement Officers, Safer Schools

Cheshire Constabulary

Or for Pan Cheshire - please Email: ssyp@cheshire.pnn.police.uk

Visit [www.cheshire.police.uk](http://www.cheshire.police.uk/) | Follow [@cheshirepolice on Twitter](http://www.twitter.com/cheshirepolice) | Like [Cheshire Police on Facebook](http://www.facebook.com/cheshirepolice) Follow [@CheshireSSYP on Twitter](http://www.twitter.com/CheshireSSYP)

 